

Eggplant



Eggplant supplies a days worth of Vitamin B6. They are also a good source of dietary fibre and antioxidants.



The seeds can be found inside the eggplant itself even though it is considered a vegetable.



Eggplants are locally grown in Hawaii, and grow all year round.

The eggplants grow on a vines that can grow up 3-4 feet in height. Eggplants come in many shapes and sizes depending on their variety.

